

Thought of the Week

February – Estate Planning

You don't have to see the whole staircase, just take the first step. – Martin Luther King, Jr.

Uncertainty and discomfort can lead to inaction. Thinking about the estate you'll have to leave your loved ones can bring up both feelings, and you may avoid getting your affairs in order.

When tackling things that seem complex or overwhelming, start small. Estate planning can easily be broken down into smaller tasks such as identifying your assets, identifying who you want to inherit those assets, etc. When combined, small steps create a plan.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for “**Estate Planning**.”



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